



Rolling into Summer

Another school year has come and gone! Be sure to check out the links below for some great places to get fresh food this summer. In our Programming Highlights, learn how Eat Right Philly is helping students attain the new Act 158 graduation requirements! Keep scrolling to view our highlighted recipes, videos, and the featured movement break of the month. As always, be sure to visit our website linked at the bottom for additional resources and fun online content.



What does a vegetable wear to the beach?
That's right, a ZUCCHINI!

Zucchini is the most popular summer squash. Botanically, it is a fruit but considered a vegetable when it comes to MyPlate—this is due to the way we cook and prepare them. Unlike winter squash, zucchini is harvested and eaten before the rind or skin becomes hard. Zucchini's have



a short growing season and thrive best during warmer months. Did you know that zucchini can grow one inch per day!?! When it comes to harvesting zucchini, smaller sizes are best. You can eat all parts of this delicious green summer squash, from the skin down to the seeds. Did we mention those beautiful flowers? Yup! They're edible as well!

While they may be small, zucchinis are mighty in helping to build a strong immune system. Just a ½ cup contains a good source of vitamin C which helps to ward off germs and keeps our body healthy. Zucchini also provides manganese, a mineral that is involved in the formation of bone and connective tissue. Sounds like the perfect addition for a fun summer BBQ.

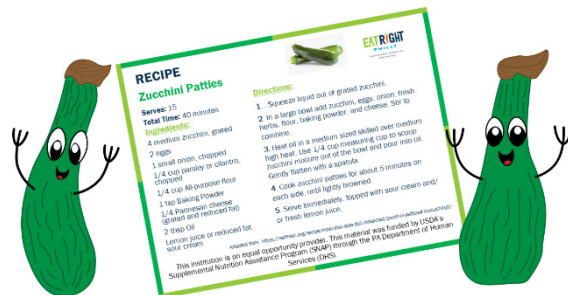
When purchasing zucchini, be sure to look for a smooth, shiny skin and one that feels heavy for its size. You can tell if a zucchini is ripe if it's firm and gives slightly to gentle pressure. Uncut zucchini can be kept in the refrigerator for up to one week. Once cut, it can last for three days in a sealed bag or container. There are so many ways to prepare and enjoy this veggie. You can bake, steam, stir-fry, grill, pickle or eat it raw. Add it to a salad or substitute it for pasta by spiraling zucchini into zoodles for spaghetti night or long thin slices for lasagna. If you're feeling a little adventurous, try zucchini pancakes or zucchini bread. The possibilities are endless!

So, the next time you run into this delectable veggie in the produce section, bring some home to put a fresh twist on your favorite recipes!

**Check out our video for
Zucchini Patties!**



**Zucchini Patties
Recipe Card**



Click [here](#) to download the recipe card!



Scan this QR Code or click [here](#) to watch the video!

Access all of our food tasting resources [here](#).



Summer is a great time to get outdoors and enjoy some physical activity. Whether it be daily walks, organized sports, yoga, or even yard work, we should strive to get 60 minutes of physical activity every day! As always, remember to stay hydrated by regularly drinking water when being physically active or spending time in the sun.

City parks are a great place to get active and enjoy the outdoors. Check out our list of parks throughout the city of Philadelphia organized by neighborhood:

- [Northeast Philadelphia](#)
- [South Philadelphia](#)
- [West Philadelphia](#)
- [Southwest Philadelphia](#)
- [Central Philadelphia](#)





Try this movement break with your class! Have students do their activity of choice for as many seconds as corresponds to the date. For example, on June 5th, have students do their activity of choice for four seconds. And, on June 6th, have students do their activity of choice for five seconds.

Access all of our movement break resources [here](#).



Community Partners Help Students Reach for the Stars After Graduation

Changes to high school graduation requirements have created an option for students to complete an internship. The City of Philadelphia's Office of Children and Families reached out to Drexel's Eat Right Philly team to help support its new program, the Food Security Externship. Drexel's Eat Right Philly nutrition coordinators worked with Murrell Dobbins Career and Technical Education, Kensington Health Sciences Academy, and George Washington High Schools for this project. This experience helps students prepare for graduation by learning skills they need to make them successful in their life after high school.

The students supported food access work at each of the schools. At Dobbins, the students helped with the set-up and distribution of food and nutrition resources at the weekly Fresh for All distribution. A student of Kensington Health Sciences Academy assisted with the ordering, receiving, storing and distribution of foods at the school's food pantry. Students at George

Washington High School also assisted with the development, ordering, storage and distribution at the school's new food pantry. These experiences provided students with increased awareness of food access issues and has helped to build skills and confidence that will support them in the future!

Learn more about Act 158 and how your students can achieve the new requirements, check out the links below, as well as your school's website:

- [Pennsylvania Act 158](#)
- [PERC Report](#)

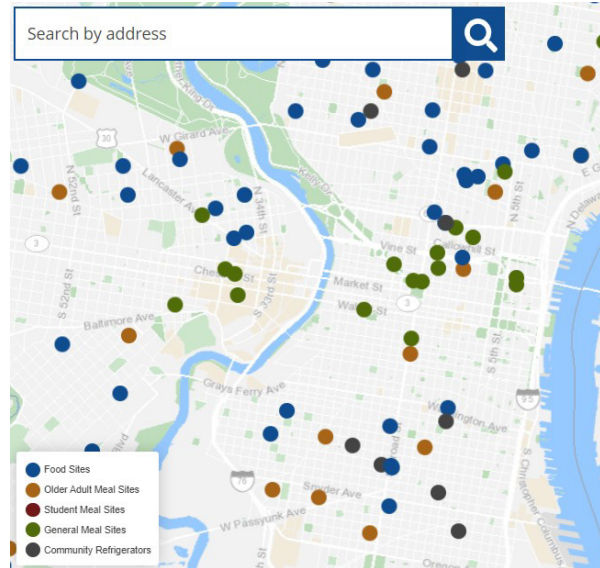


Food Resources in Philadelphia

Do you ever find it hard to access fresh fruits and vegetables? With high food prices, it can be challenging to put a variety of food on the table. Thankfully, the Philadelphia community has a wide range of food resources which can provide supplemental food for a household. These sites provide a variety of food from fresh fruits and vegetables to dairy, meats, canned goods, dried foods and bread, which can all be part of a healthy diet.

Check out the links below and take advantage of these resources, today!

- **Food Pantries:** These may be found in different churches or community kitchens throughout the Philadelphia area. Find a food pantry near you: [Food Pantries in the Philadelphia Region food Map](#)
- **Community Refrigerators:** Open 24 hours a day, 7 days a week. To find a fridge in your area, visit: [City of Philadelphia's Community Refrigerators](#)
- **Free Farm Stands:** Food sites that are set up at the same locations each week and distribute free produce to the community. To find a free farm stand near you, visit: [Philabundance's Free Food Finder](#)
- **Meal Sites:** In addition to general meal sites offering food to the community, there are other specific sites for both children and seniors. Check out: [City of Philadelphia's General Meal Sites](#), and [City of Philadelphia's Older Adult Meal Sites](#)



To learn more about all of the food resources available in and around Philadelphia, visit [The City of Philadelphia's Food Distribution Sites !](#)

Click on [this link](#) to access our website, resources, and social media pages or click on the icons below.

Feel free to reach out to your nutrition coordinator or to nep@drexel.edu.

Stay Healthy!

The Drexel Eat Right Philly Team



Please email nep@drexel.edu to unsubscribe from future emails from Drexel Eat Right Philly.

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